

A/B, 3, 1/3

I & SO TRAINING FILM

HYPNOSIS

Written Text

Attached to the Office of the Director of Security is a small staff officially designated as "Unit B". "Unit B's" functions are varied, but among them are the study of advanced interrogation methods and research involving the control of the words, thoughts, and activities of individuals either willing or not.

For years, intelligence information, the press, and observers, both expert and otherwise, have reported that the Soviets, and to a lesser extent their satellites, have made use of some subtle techniques to alter the minds and personalities of men--to force impossible, yet seemingly voluntary confessions from obviously unwilling victims.

Many theories have been advanced as to how these things have been brought about--torture, hostage pressures, drugs, electricity, sound, and hypnosis or various combinations thereof.

It was obvious, therefore, that "Unit B" would attempt, among other things, to study the remarkable phenomenon of hypnosis and ascertain insofar as possible what could be done with hypnosis; how it could be detected; if it were used, what counter measures could be used against it; and what safeguards might be necessary for the protection of Agency personnel.

This film does not propose to answer the imponderables arising from the cases of Cardinal Midzenty, Robert Vogeler, or others, but it will show some of the unusual aspects of hypnosis and perhaps explain to others who are unfamiliar with the phenomenon how hypnosis works, why it may be dangerous from a security viewpoint, and what are its possible potentialities.

The producers of this film are, of course, unable to say that the activities shown in this film can be carried out under actual conditions, but these films will show that physically amazing things can be accomplished under hypnosis and it would be foolish to deny that the phenomena

observed in the laboratory could be applied to real life. Perhaps in the future we shall be able to answer these questions.

NARRATION BEGINS

This is Mary Jones. Mary is a trusted employee of CIA. She has been fully investigated and is cleared for Top Secret work. She works in a very sensitive office.

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NARRATION

But you may well ask wherein did this show hypnosis? Do you recall the telephone call? Hypnosis and particularly hypnotic activity as a post-hypnotic suggestion can be set in motion very simply by telephone. And in this case, Mary Jones was, by use of a code word and a previous post-hypnotic suggestion, made to carry out her surreptitious and illegal activity.

Another question then arises, how possibly could Mary Jones be hypnotised, or where, or when? The answer is easy--a party stunt or this far more subtle means--

NARRATION (New Voice)

"You ought to learn how to relax. No wonder you're nervous. I'll bet you never have learned to relax. Here--let me show you."

(Film at this point could possibly show the slow induction method with the narrator talking the relaxing technique. However, the slow method might possibly be shown later and a special insert showing the relaxation method be cut in at this point.)

NARRATION (Original Voice)

So much for what could have happened to Mary Jones, but now what about hypnosis in general. As everyone knows, each of us is to a greater or lesser degree suggestible. We are today constantly subjected to various forms of suggestion. All advertising is suggestion and suggestion seen, read, or heard effects much of our waking activity. In hypnosis, which some authorities regard as a form of suggestion, a high degree of response to suggestion may indicate a good hypnotic subject. Therefore, tests which show suggestion are used to indicate good possible subjects.

(At this point, the film shows the sequence of suggestion tests with a new voice explaining the methods and directing the tests.)

- a. Falling back test.
- b. Hand rising test.
- c. Hand clasping test.

NARRATION
(Original Voice)

Now having determined that your subjects are suggestible (or even if they are not), actual hypnotic induction by the relaxing or laboratory method would be done in a manner similar to this.

(Film at this point should show the slow induction method with a new voice explaining and narrating the technique.)

NARRATION
(Original Voice)

As you noticed, this is not the "stage" method of inducing hypnotism. The "stage" methods are faster in many ways and easier, but they are not suitable to laboratory work. The results, however, are roughly the same.

(PAUSE)

Having created then what appears to be an effective hypnotic state, it is necessary, before further experimentation can be attempted, to test the subject for depth of the trance. Hypnotic conditions range from a very light, listless, dreamy, relaxed state to an almost absolute coma or from some vague, meaningless movements to an "alert" or "normal" state in which, as you have seen, a subject may act, talk, laugh as though completely awake, yet be under complete hypnotic control. Watch these tests.--

(At this point, the depth tests should be shown on the film and a new voice should take over and describe the tests. These tests should show in the film.)

- a. Dropping the hand.
- b. Opening the eyes, (try to open your eyes if you can).
- c. Catalepsy of the arm.

- d. Catalepsy of the entire body.
- e. Anesthesia (simple arm type).
- f. Hallucinations (suggest use of the hallucination of smell such as pleasant or disagreeable).
- g. Open eyes, act normal--but remain deep asleep.

NARRATION
(Original Voice).

We have seen how hypnosis is induced. We have seen that hypnosis can take the form of a state resembling sleep or it may take the state, to all outward appearances, of complete normality including movement, speech, and thought. But what of this phenomenon? Is it useful? Is it dangerous? What are its potentialities? Watch these individuals carefully.

SUGGESTED SCENES

or pantomimes

The following scenes/will be shown to demonstrate what activities an individual is physically capable of performing while under hypnosis. These scenes should be designed to show that a person, while fully in a trance state, can appear to be completely "normal" and whose activities because of this "normal" appearance would deceive even the most astute observer.

It is suggested that in each of these brief scenes, after the desired activity has been demonstrated, the subject should be returned to a sleep state by the operator merely touching the subject on the forehead with his hand or a pencil or in some very clearly demonstrated type of signal. This will show that the individual has been in fact under hypnosis while carrying out the activities shown.

A 1. The first scene should show a subject in normal office activity. It should show a close-up of the face of the subject when answering the telephone. During the phone conversation, the subject should be converted upon a pre-arranged signal from a fully awake state to a complete hypnotic state although appearing normal to all outward aspects. This, of course, is a repeat of the opening scene in a sense, but it would be very effective and repetition will not hurt at this point. A

2. The second scene should show two or possibly three subjects seated in a group possibly on one sofa and looking at magazines, laughing, making conversation, moving normally, and perhaps having a drink.

3. The third scene should be a series of activities of a mechanical nature such as opening a safe, examining a mechanical object or perhaps taking a picture with a camera. Possibly typing.

4. The fourth scene could possibly be arranged to show the subject committing an act of sabotage such as placing an incendiary bomb or an electrical device in a desk, etc.

5. The fifth scene should show a subject searching the body of an unconscious person for a billfold or wallet and removing that object from the unconscious person. The commentator at this time might suggest that the unconscious person was intoxicated.

6. The sixth scene which is related to the scene above or which might possibly be placed before scene #5 could demonstrate the surreptitious placing of a liquid or chemical ("knockout drops") into a drink. The commentator at this time might call attention to the class "Mickey Finn" or to the possibility of some lethal dose.

7. The final scene should be inserted for dramatic effect and also to demonstrate that loud noises, explosions, shocks, etc. will not affect a properly conditioned subject. In this scene, the subject, who should be seated, should take from her pocketbook a small automatic, stand up, take several steps toward the camera and fire a blank cartridge directly at or above the camera. The scene also could be shown with the subject first talking to another individual and when the other individual left the above activity could then take place. The obvious implication being that the subject shot at the departing individual. The commentator at this time should point out that, of course, a blank cartridge was used in the automatic but it would have been quite simple to substitute a live cartridge in the chamber of the automatic without the subject's knowledge of it.

NOTE

While the above seven scenes are, as far as pantomime goes, fully self-explanatory, nevertheless, it is believed that in each instance the narrator should comment on the type of activity taking place. Again it is suggested that at the conclusion of each scene, the operator should induce a sleep state by the touching of the forehead of the subject. It is believed that this would have a very striking effect.

CONCLUDING SCENE

Suggested repeat shot of Mary Jones typing at her desk. Narrator might possibly be saying as the film concludes, are the Soviets using hypnosis? Are any of our people subject to the hypnotic control of others? Scene should fade out at this point with the questions left unanswered and the problem merely stated.

Concluding remarks--either using shot of narrator talking from desk or written text.

(D-R-A-T-I) OK

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1. Opening scene to show Mary Jones walking down corridor to ~~room~~, A
room. She passes at least two people in corridor and speaks to same. She
enters ~~room~~, where several people are working, closes door, goes A
to safe, opens safe. (May before going to safe work for short period of time.)
She then extracts from safe obviously marked Top Secret portfolio, opens
same, takes out Top Secret typed memorandum (again closely marked TS), folds
it, places it in pocketbook, returns portfolio to safe, closes and locks
same, opens door, goes out of office, up corridor to entrance, goes out entrance,
goes to parked car, opens pocketbook, hands document to driver of car. Driver
drives off, with closing shot showing girl leaving scene and car fading away.

2. Next scene shows Mary Jones sitting typing at desk in same office.
Narrator will say at this point, "This is also Mary Jones. She has no knowledge
of what she did last night." As she continues typing, the shadow of either a
hammer and sickle or a hand moves across the screen, and the scene fades out.

3. At this point an insert should be included as to what hypnotism is.
"Everyone is capable of being hypnotized, some to a greater degree than others.
How do you find indications of suggestability?" Set up at this point two or
three tests for suggestability; falling back, hand raising tests (possibility
of clasped hands test). Narrator should mention that advertising is a form of
suggestability; that everyone is exposed to it daily.

4. Show standard induction process to bring about hypnotism. (Switch of
voice) Demonstrate the slow standard induction technique, with first narrator
saying that it will "sound something like this." Second voice at that point
will pick up and proceed with the induction method until the individual is asleep.

5. Tests for Depth with Explanation

Mention that hypnotism may be a light, dreamy, relaxed situation; that it
may be of a medium quality, in which a person is sleeping, to all intents and

purposes; or it may be very deep, in which the person may open his eyes, move about normally; etc. At this point several tests for depth may be illustrated:

- a. Dropping of hand
- b. Opening eyes
- c. Catalapsy of the arms,
- d. Catalapsy of entire body,
- e. Other tests

6. Post-hypnotics.

7. Examples of the capabilities of individuals operating under hypnosis,

i.e., normal movement:

- a. Telephone
- b. Looking at magazines
- c. Laughing
- d. Conversation
- e. Movement
- f. Manipulating mechanical devices
- g. Planting of time bomb
- h. Picking pocket

8. After breaking preceding scene, return to original opening scene.

At this point attempt to fill in story of how this came into being. Flash back to original shot of Mary Jones walking down corridor, probably saying, "How did this come about? Several months ago Mary Jones attended a cocktail party where she met a man who paid quite a bit of attention to her, asking her many questions as to where she worked, etc. Subsequently, he had a number of dates with her.

On one of these occasions a conversation concerning relaxation took place, and the man took the situation from there." (Possibly show a party scene or cocktail lounge, perhaps using a group of people at ~~the~~ apartment.) A

9. Conclude with scene of car driving away or Mary Jones typing at desk with a statement similar to, "Do you have a Mary Jones in your office?"

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THE BLACK ART

Scene: (Soft background music)

"Oriental" character is shown having a drink with an American agent in appropriate atmosphere. Material added surreptitiously to drink by American agent. After taking drink, Oriental falls asleep and is then shown being placed under hypnosis.

Scene: Oriental is shown going into opposition headquarters and extracting documentary material from safe and concealing it on person or scene showing Oriental taking microfilm or documents from the safe.

Scene: Oriental is shown turning over material to American agent who again hypnotizes the Oriental.

Scene: (fadeout)

Oriental is shown fast asleep in soft chair.

Commentary: (Modulated soft voice)

Could what you have just seen been accomplished without the individual's knowledge?

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Yes!

Against an individual's will?

Yes!

With complete amnesia of performing the act?

Yes!

How?

Through the powers of suggestion and hypnosis.

Is it a possibility?

YES! (emphatically)

What is suggestion and hypnosis then?

First, what is hypnosis? It may be defined as an idea which is accepted uncritically and which, appropriate behavior upon request. This idea may be transmitted to the individual by another person by some mode of communication, usually language, but not necessarily so. For example, a person entering a room and having a chair pushed toward him will invariably seat himself in the chair.

Scene: A girl enters the picture. A man is standing behind a chair with both hands resting on the back of the chair. The man pushes the chair toward the girl when she enters and smiles at the same time. (No verbal exchange.) Girl sits down immediately and looks up at the man with a smile of thanks.

Commentary:

The act of pushing the chair toward the girl upon her entrance into the room has acted as a suggestion which was immediately accepted and acted upon unconsciously. Note that the girl does not stop to say to herself, "Should I sit down? Does he want me to sit down?". She does not analyze the situation at all. Her attitude is quite uncritical and her action was neither meditated nor pre-meditated. This subtle suggestion did not involve the use of language by the person giving the suggestion. Because the girl was caught off guard, she does not have the time or reason to offer any resistance to the acceptance of the suggestion. Now, let's carry suggestion further to the extent that it affects our behavior.

Scene: (Postural Sway Test)

A girl is shown standing with her "bare feet" together, body relaxed and facing the wall. "Hypnotist" is standing behind her -- mesmeric passes are made and the girl is shown to sway back and forth and eventually falls completely backward into the arms of the hypnotist.

Commentary:

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Commentary:

Another example of suggestibility is the Hand
Levitation Test.

Scene: (soft background music)

A girl is shown seated on a chair (with arms) and
the hypnotist seated adjacent to her. With appropriate
mesmeric passes the girl's hand is shown to rise slowly
parallel to the hand of the hypnotist as it is raised into
the air and back down again.

Commentary:

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Scene: Hand Clasp Test. (Appropriate music)

Girl (or girls) is shown standing in front of the hypnotist with hands clasped together. The hypnotist is shown speaking with the girl and with the appropriate mesmeric passes or gestures, the futile efforts of the girl are shown in attempting to pull the hands apart and unable to do so. Then upon gestures of the hypnotist, the hands are shown to fly apart with comparative ease.

Commentary:

That a person is responsive to suggestion is as it should be. It is but a step further from suggestibility to hypnosis. As an individual's responsiveness to suggestion is increased, a state of hypnotism is gradually obtained. Hypnotism can be arranged on a scale from the lightest condition of awareness, proper response to suggestions on one extreme, to the deepest state of somnambulism with complete amnesia on the other. The term "hypnosis" means literally sleep and is so associated in the minds of the general public.

Scene: (soft music)

A girl is shown seated on the sofa facing the hypnotist seated in a chair across from her. The hypnotist is shown speaking and upon a mesmeric gesture the girl is shown falling.

completely asleep. Upon another gesture from the hypnotist, the girl is shown awakening with a smile. Repeat the above. Then, a piece of paper is handed the girl and upon reading it the girl falls asleep again.

Commentary:

Scene: A girl is shown seated on the sofa. Hypnotist shown speaking and performing the proper mesmeric gestures. Girl is shown falling completely asleep and then upon awakening girl attempts to get up from the sofa. As she attempts to move away her left foot is shown glued to the floor in spite of repeated efforts to move it. She again sits down and after being re-hypnotized and awakened, she is shown capable of moving her left foot.

Commentary:

Most important of all hypnotic phenomena is that of post-hypnotic suggestion whereby we are able to transfer all the conditions of the trance to the wakening state

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Taking advantage of this remarkable faculty, one may implant suggestions in the minds of individuals during hypnotic trance to take effect later at any specified time. For removal of this post-hypnotic suggestion, there must be an involuntary compulsive compliance or re-hypnosis to remove it. Instructions to carry out an idea upon awakening may be set for a future time -- weeks away and not just a matter of moments or hours.

Scene: (music)

A beautiful office girl is shown coming to work. She enters through the door and cheerfully greets her fellow workers already at their desks. She goes to her desk, sits down and begins working. Papers are taken out and folders are opened as she commences to type. The telephone rings and she is shown answering the telephone. She is then shown entering the next room, going to a safe and extracting a TOP SECRET document from the files and concealing the document on her person (folding the paper twofold and slipping it into her bodice). The girl is shown leaving the room.

Scene: Girl is shown meeting the hypnotist who hypnotizes her into complete sleep after the girl gives him the document.

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